



Valor & Allegiance Recreation Therapy - July 2021



Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
JUNE 27		JUNE 28		JUNE 29		JUNE 30		JULY 1		Wear Red! 2		JULY 3	
AFRH Protestant Chapel Ch 4 0800 & Catholic Ch 91 0830 Individual Visits (i) 1030 Protestant Service (CH)		Recreation Therapy staff will continue to provide Individual visits as able. Events subject to change!		1330 Valor & Allegiance Social Distancing 🧐 Bingo! Valor Piano Lounge		0800 Current Events <i>On Valor Hall!</i> 1400 Matinee Channel 4 Popcorn at Community Ct.		Please see Recreation to schedule Thursday morning AFRH haircuts! Events subject to change!		1000 AL & Valor Hall Music & Piano Time with Beth!		0900 Exercise – Ch 4 1000 Individual Visits <i>July 2, 1937, Amelia Earhart disappears</i>	
4 th of July 4		4 th of July Holiday 5		6		7		8		Wear Red! 9		Spain Trivia! 10	
0830 Individual Visits (i) 0900 Catholic Service (TH) 1030 Protestant Service (CH) 1000 Vettes for Vets! -Front 4 th of July Lunch		4 th of July Federal Holiday July Birthstone = Ruby Flower = Larkspur & Water Lily Thought for Day!		1330 Allegiance & Valor Social Distancing 🧐 Boss Bingo! Valor Piano Lounge - Wear a mask if not vaccinated!		0800 Current Events 1400 Movie Matinee Senior TV Channel 4 Pick up your Popcorn at the Theater		See Recreation to schedule Thursday haircuts! Virtual Travels Daily @ 1300 & 2030 on Ch 4		1000 Jeopardy! (PR) Guess the Answer JEOPARDY! 1800 Channel 4 Movie!		Running of the Bulls Spain! 0900 Exercise – Ch 4 1000 Individual Visits – Chit Chat, Strolls or Piano(i)	
11		12		13		14		15		Red Friday! 16		17	
0830 Individual Visits (i) 0900 Catholic Service (TH) 1030 Protestant Service (CH) AFRH Protestant Chapel Ch 4 0800 & Catholic Ch 91		0900 Sitting on the Porch! In a world where you can be Anything... be kind!		1330 Allegiance & Valor Social Distancing 🧐 Bingo! Valor Piano Lounge		0800 Current Events Monthly Cook-in Lunch & Drinks! 1400 Matinee Channel 4		See Recreation for haircuts Animatronic or “Cooper” Pet Visits!		1000 Valor & AL Hall Drum It Up! Drumming Valor Piano Lounge		0900 Exercise – Ch 4 1000 Individual Visits – Piano or Patio Time (i) First modern air conditioner ran, 1902	
18		19		20		21		22		Red Friday! 23		24	
0830 Individual Visits (i) 0900 Catholic Service (TH) 1030 Protestant Service (CH) AFRH Protestant Chapel Ch 4 0800 & Catholic Ch 91		0900 Bird Watching! Where were you on July 20, 1969 when U.S. Astronauts Neil Armstrong & “Buzz” Aldrin, Jr landed on the moon?		July Monthly B-Day LUNCH!! 1330 Valor & AL Social Distancing Bingo! (PR)		0800 Current Events Afternoon Root Beer Floats! 1400 Matinee Movie Channel 4		See Recreation for haircuts Sean’s Virtual Travels Daily @ 1300 & 2030 on Senior TV Channel 4		1000 AL & Valor Hall Movie Music & Trivia! Valor Piano Lounge Healthcare staff & resident volunteers wear masks!		0900 Exercise – Ch 4 1000 Individual Visits – Chit Chat, Strolls, Piano or Patio Time (i) Cousins Day!	
25		26		27		JULY 28		JULY 29		Wear Red! 30		JULY 31	
0830 Individual Visits (i) 0900 Catholic Service (TH) 1030 Protestant Religious Service (CHAPEL)		0900 Patio Time! Sun, breeze & fresh air! Armed Forces Unified, 1947!		1330 Valor & Allegiance Social Distancing 🧐 Bingo! Valor Piano Lounge		0800 Check the News 1400 Movie Matinee Channel 4 Popcorn at the Theater		Individual Trivia, Skype Calls, Visits & Reminiscing ongoing!		1000 AL & Valor Hall Music & Piano Time with Beth!		0900 Exercise – Ch 4 1000 Individual Visits – Chit Chat, Strolls, Piano & Patio Time (i)	
Please see Senior Television Channel 4 for Updates, Recreation Event Videos & Photo Slideshows!		We appreciate your Patience as we provide person centered care & individual Leisure needs!		Please ask for leisure supplies – puzzles, books, art, movies, cards, etc.		AFRH Heritage & Recreation Month		LOCATION PT- Patio AT- Activity Room TV- TV Lounge PR- Valor Piano Lounge		Skype visits available with your loved ones! See Jen or Susan		Wash Hands! Wear Masks! We Can Do It!	

